November 2021 EVENTS, PROGRAMS & ACTIVITIES

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Mon	Tue	Wed	Thu	Fri
1 Cribbage 9:00 Knitting 9:30	2 Cribbage 9:00 Foot Care 9:00	Cribbage 9:00	4 Cribbage 9:00	5 Cribbage 9:00
Tai Chi 11:00 Art Class 1:00 Card Making 1:00	Strength Training 10:00 Canasta 12:30 Line Dancing	Strength Training 10:00 Crafts & Laughs	Strength Training 10:00	Wii Bowling 1:00
Yoga 4:30 Garden Club 7:00	4:00	6:00 Card Making 6:00		Pitch 6:00
8	9	10	11	12
Cribbage 9:00	Cribbage 9:00	Cribbage 9:00		Cribbage 9:00
Knitting 9:30	Strength Training 10:00	Strength Training 10:00	Veterans	
Tai Chi 11:00 Art Class 1:00	Canasta 12:30 Line Dancing	Senior PATROL 1:00 Crafts & Laughs	Day	Wii Bowling 1:00
Yoga 4:30	4:00	6:00		Pitch 6:00
15	16	17	18	19
Cribbage 9:00 Knitting 9:30	Cribbage 9:00 Reflexology 9:00	Cribbage 9:00 Strength Training	Cribbage 9:00	Cribbage 9:00
Tai Chi 11:00 Art Class 1:00	Strength Training 10:00 Canasta 12:30	10:00	Strength Training 10:00	Wii Bowling 1:00
Card Making 1:00	Line Dancing	Crafts & Laughs	Chair Massage	
Yoga 4:30	4:00	6:00	11:00	Pitch 6:00
22	23	24	25	26
Cribbage 9:00 Knitting 9:30	Cribbage 9:00 Table Massage 9:00	Cribbage 9:00 Strength Training	Thanksgiving	Closed
Tai Chi 11:00	Strength Training 10:00	10:00 COA Board 4:00		
Art Class 1:00	Canasta 12:30	Crafts & Laughs		
Yoga 4:30	Line Dancing 4:00	6:00		
29	30		*For Details on	
Cribbage 9:00	Cribbage 9:00		Special	
Knitting 9:30 Tai Chi 11:00	Table Massage 9:00		Programs	
Art Class 1:00	Strength Training 10:00		See front page	
Yoga 4:30	Canasta 12:30		or other pages in Newsletter	
	Paraffin Wax 1:00			